



BARWELL TRACK OUT X-PRESS PROGRAM- TRACK 2

WEEK OF August 22nd -26th



TIMES	MONDAY 8/22	TUESDAY 8/23	WEDNESDAY 8/24	THURSDAY 8/25	FRIDAY 8/26
7:30	BSX Activities 7:00AM-8:45AM				
8:00					
8:30					
9:00	Snack	Snack	Snack	Snack	Snack
9:30	Class. Act.: Ball Around	P/U at 9:30	Gym Stations: Basketball, Jump Ropes & Hula Hoops	Playground	Kid’s Choice Gym Games
10:00	Gym Game: Spiderball	Walnut Street Park (Cary) 10:00-11:00 Depart at 11:30 Jellybeans 12:00-2:00	<u>Cooking Project:</u> PB&J Quesadillas/ Funtime Worksheets	<u>Art Project:</u> Roly Poly Piglet/ Computers	<u>Art Project:</u> High Bounce Balls & Fuse Beads
10:30					
11:00	<u>Art Project:</u> Snack Sack/ Computers				
11:30			Dance Games	Gym Game: 4 Corners	
12:00	Lunch		Lunch	Lunch	Lunch
12:30	Quiet Time Activities		Quiet Time Activities	Quiet Time Activities	Quiet Time Activities
1:00	Gym Game: Matball	Return at 2:30	Gym Game: Jedi Dodgeball	P/U at 1:05	Gym Game: Basketball Variations
1:30				Optimist Pool 1:35-2:50	
2:00	Classroom Activity: Let’s Take A Trip: Hershey Park	Classroom Activity: Charades	Return at 3:30		Classroom Activity: Alphabet Travel
2:30				Snack	
3:00	Snack	Classroom Activities: Lose a Letter/ Card Games	Snack	Return at 3:30	Snack
3:30	Gym Game: Ship, Shore, Deck		Board Games & Creative Play		
4:00				Megabuilders & Playdough	
4:30-6:00	ASX Activities				



Fieldtrip



Special Program/Movie



Art/Cooking Project



BARWELL TRACK OUT X-PRESS PROGRAM- TRACK 2 **WEEK OF August 29th-September 2nd**



TIMES	MONDAY 8/29	TUESDAY 8/30	WEDNESDAY 8/31	THURSDAY 9/1	FRIDAY 9/2
7:30	BSX Activities 7:00AM-8:45AM				
8:00					
8:30					
9:00	Snack	Snack	Snack	Snack	Snack
9:30	Gym Stations	Kid’s Choice Gym Games	Gym Stations	Playground	Gym Stations
10:00	Art Project: Model Magic Bracelets Part 1		Cooking Project: Sushi Rolls/ Computers	Art Project: Pin Ball Machines	Gym Game: Jailbreak Dodgeball
10:30		Classroom Activity: Bingo Dice			Lunch
11:00	Gym Game: Frozen Bean Bag			P/U at 11:30	
11:30					
12:00	Lunch	Lunch	Bounce U 12:00-2:00	Lunch	Quiet Time Activities
12:30	Quiet Time Activities	Quiet Time Activities		Quiet Time Activities	Gym Game: Guard The Castle
1:00	Classroom Activity: Candy Bingo	Art Project: Model Magic Bracelets Part 2		P/U at 1:05	
1:30					
2:00	Gym Game: Trash	Gym Game: Baseball	Return at 2:30	Pullen Pool 1:35-2:50	Movie: TBA
2:30			Snack		
3:00	Snack	Snack	Quiet Time Activities	Return at 3:30	Snack
3:30	Classroom Activity: Let’s Take A Trip: Dino Land	Board Games & Creative Play	Class. Act.: Card Games/ What’s Different	Snack	Outside Activities: Playground & Sidewalk Chalk
4:00				Megabuilders & Playdough	
4:30-6:00	ASX Activities				

 Fieldtrip

 Special Program/Movie

 Art/Cooking Project



BARWELL TRACK OUT X-PRESS PROGRAM- TRACK 2 **WEEK OF September 5th-9th**



TIMES	MONDAY 9/5	TUESDAY 9/6	WEDNESDAY 9/7	THURSDAY 9/8	FRIDAY 9/9	
7:30	BSX Activities 7:00AM-8:45AM					
8:00						
8:30						
9:00	Labor Day Holiday- No Track Out	Snack	Snack	Snack	“Cruisin’ with Track Out” This day will be filled with special cruise ship events. More information about this event can be found at the sign in sheets at the front desk	
9:30		Gym Game: Kickball	Gym Stations	Playground		
10:00		Art Project: Fish Shapes Part 1/ Computers	P/U at 10:00	Art Project: Fish Shapes Part 2 & Shrinky Dinks/ Counselor’s Choice Gym Games		
10:30			Museum of Life and Science 11:00-2:00 Return at 3:00			Optimist Pool 1:35-2:50
11:00						
11:30						
12:00		Lunch		Lunch		
12:30		Quiet Time Activities		Quiet Time Activities		
1:00		Gym Game: Battle Ball	P/U at 1:05			
1:30		Kid’s Choice Classroom Activities	Return at 3:00	Optimist Pool 1:35-2:50		
2:00						
2:30		Snack	Snack	Return at 3:30		
3:00		Board Games & Creative Play	Quiet Time Activities	Snack		
3:30			Class. Act.: 7-Up	Megabuilders & Playdough		
4:00						
4:30-6:00	ASX Activities					

Fieldtrip

Special Program/Movie

Art/Cooking Project



BARWELL TRACK OUT X-PRESS PROGRAM- TRACK 2 **WEEK OF September 12th-16th**



TIMES	MONDAY 9/12	TUESDAY 9/13	WEDNESDAY9/14	THURSDAY 9/15	FRIDAY 9/16
7:30	BSX Activities 7:00AM-8:45AM				
8:00					
8:30					
9:00	Snack	Snack	Track 2 Back to School	Track 2 Back to School	Track 2 Back to School
9:30	Gym Stations	Gym Stations			
10:00	Art Project: Zing Wing Gliders/ Board Games	Free Draw			
10:30		Gym Game: Treasure Chest			
11:00					
11:30	Lunch	Lunch			
12:00	Quiet Time Activities	Quiet Time Activities			
12:30	Counselor’s Choice Gym Games	Class. Act.: Card Games/ Name 5			
1:00					
1:30	Classroom Activities: S-T-R-E-T-C-H It/ Magic Carpet	Dance Games			
2:00		Kid’s Choice Gym Games			
2:30					
3:00	Snack	Snack			
3:30	Outside Activities: Playground & Sidewalk Chalk	Board Games & Creative Play			
4:00					
4:30-6:00	ASX Activities				



Fieldtrip



Special Program/Movie



Art/Cooking Project

Barwell Road Track Out

Track 2– Week 1



Welcome back to Track Out!

Please make note of our art and cooking projects for this week. Inform the staff if your child has any allergies.

Field Trips & More!

Jellybeans (Cary)– Roller skates or roller blades are included. Please bring socks! Money for games and snacks is optional. 1120 Buck Jones Rd, Raleigh 27606 (919) 467-5283

Optimist Pool - We will be swimming at Optimist Pool this week. Participants need to bring a swimsuit and towel. 5902 Whittier Dr. Raleigh, NC 27609-3760 (919) 870-2882

Walnut Street Park– Participants will eat their lunch under the shelters and have the opportunity to play on the playground. 1420 Walnut Street, Cary NC 27511

Since we are licensed facility, please remember the following regarding your child:

- They need to wash their hands upon arrival
- They will be served milk at lunch.

Please remember to send 2 snacks from two food groups, and a lunch with your child each day. Also, upon picking up your child, a security key tag must be shown prior to the release of your child.

New! Youth Programs Phone #: 996-6165



Barwell Track Out X-Press: (919) 329-5994
Director : Erin Raynor; Assistant Director: Calvin Mitchell

Barwell Road Track Out

Track 2 – Week 2



Welcome to Track Out!

Please make note of our art and cooking projects for this week. Inform the staff if your child has any allergies.

Field Trips & More!

Pullen Pool - We will be swimming at Pullen Pool this week. Participants need to bring a swimsuit and towel . 520 Ashe Ave. Raleigh, NC 27606

Bounce U- BounceU is filled with multiple inflatable houses that will be sure to get the kids jumping around! Remember to wear socks! 3419 Apex Peakway, Apex NC 27502 (919) 303-3368

Since we are a licensed facility, please remember the following regarding your child:

- They need to wash their hands upon arrival
- They will be served milk at lunch

If they wish to lie down at quiet time, they need to bring a blanket to lay on.

Please remember to send 2 snacks from two food groups, and a lunch with your child each day. Also, upon picking up your child, a security key tag must be shown prior to the release of your child.

New! Youth Programs Phone #: 996-6165



Barwell Track Out X-Press: (919) 329-5994
Director : Erin Raynor; Assistant Director: Calvin Mitchell

Barwell Road Track Out

Track 2– Week 3



Welcome to Track Out!

Please make note of our art and cooking projects for this week. Inform the staff if your child has any allergies.

Field Trips & More!

Optimist Pool - We will be swimming at Optimist Pool this week. Participants need to bring a swimsuit and towel. 5902 Whittier Dr. Raleigh, NC 27609-3760 (919) 870-2882

Museum of Life and Science- We will explore the museum exhibits, visit the butterfly house, view the animal habitats, ride the train, and more! 433 Murray Avenue, Durham, NC 27704 (919) 220-5429

For more information regarding our “Cuisin’ with Track Out” day, please see the front desk flyer, or ask any track out staff.

Since we are a licensed facility, please remember the following regarding your child:

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 - They will be served milk at lunch
 - If they wish to lie down at quiet time, they need to bring a blanket to lay on.

Please remember to send 2 snacks from two food groups, and a lunch with your child each day. Also, upon picking up your child, a security key tag must be shown prior to the release of your child.

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Barwell Road Track Out

Track 2– Week 4



Welcome to Track Out!

Please make note of our art and cooking projects for this week. Inform the staff if your child has any allergies.

Field Trips & More!

Track 2 participants return to school on Wednesday!!!

Since we are a licensed facility, please remember the following regarding your child:

- They need to wash their hands upon arrival
 - They will be served milk at lunch
- If they wish to lie down at quiet time, they need to bring a blanket to lay on.

Please remember to send 2 snacks from two food groups, and a lunch with your child each day. Also, upon picking up your child, a security key tag must be shown prior to the release of your child.

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